

The Tell Tale Signs of Caregiver Stress



CAREGIVER



Disclosure to Learner

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- **Requirement of Learner**

Participants requesting continuing education contact hours or a certificate of attendance must 1. register for the event, 2. attend the entire session, and 3. complete evaluation before leaving the conference.

- **Commercial Support**

This educational activity received no commercial support.

- **Disclosure of Financial Conflict of Interest**

The speaker and planning committee have no relevant financial relationships to disclose.

- **Off Label Use**

There will be no discussion of off-label use during this presentation.

- **Non-Endorsement Statement**

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Objectives

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This session will help participants understand:

- What is caregiver stress
- What are the signs of caregiver stress
- How to manage caregiver stress

Have you ever felt like this?

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You are running
on empty.

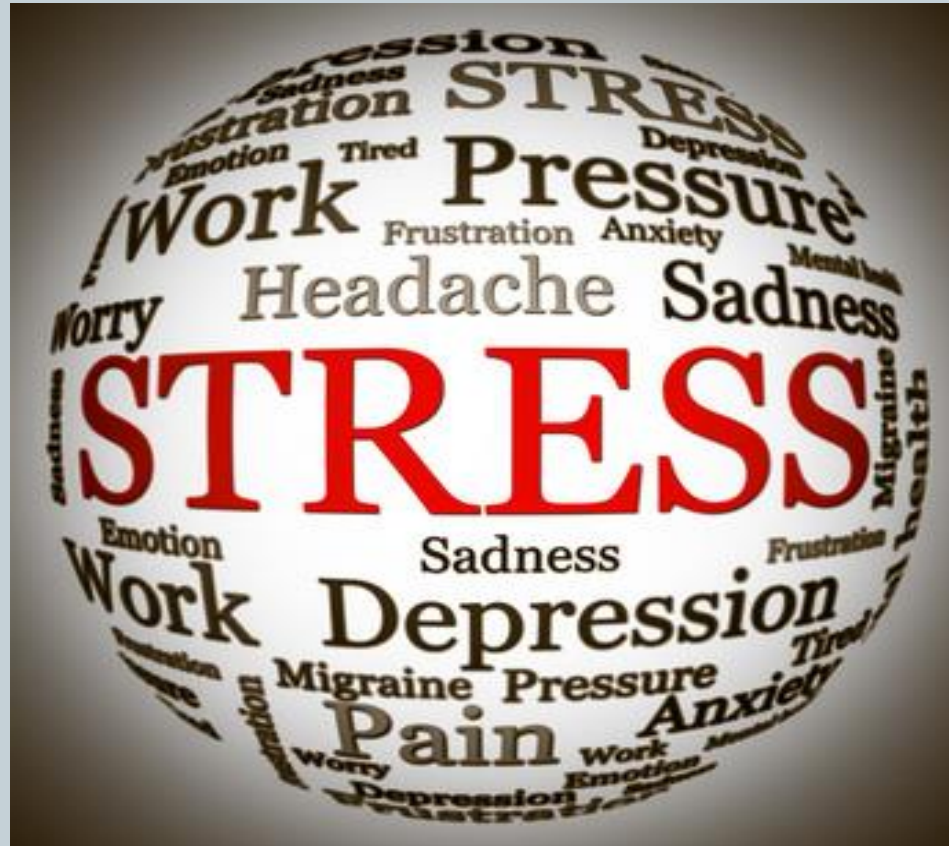
What is stress?

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- Stress is your body's way of responding to any kind of demand either internal or external.
- Caused by both good and bad experiences.
- Stress is the emotional and physical strain caused by our response to pressure.

No Words Needed

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What causes caregivers stress?

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Some sources of caregivers stress:

- Balancing work and caregiving
- Fear of the future
- Lack of knowledge about disease
- Shift in roles
- Financial worries
- Family problems

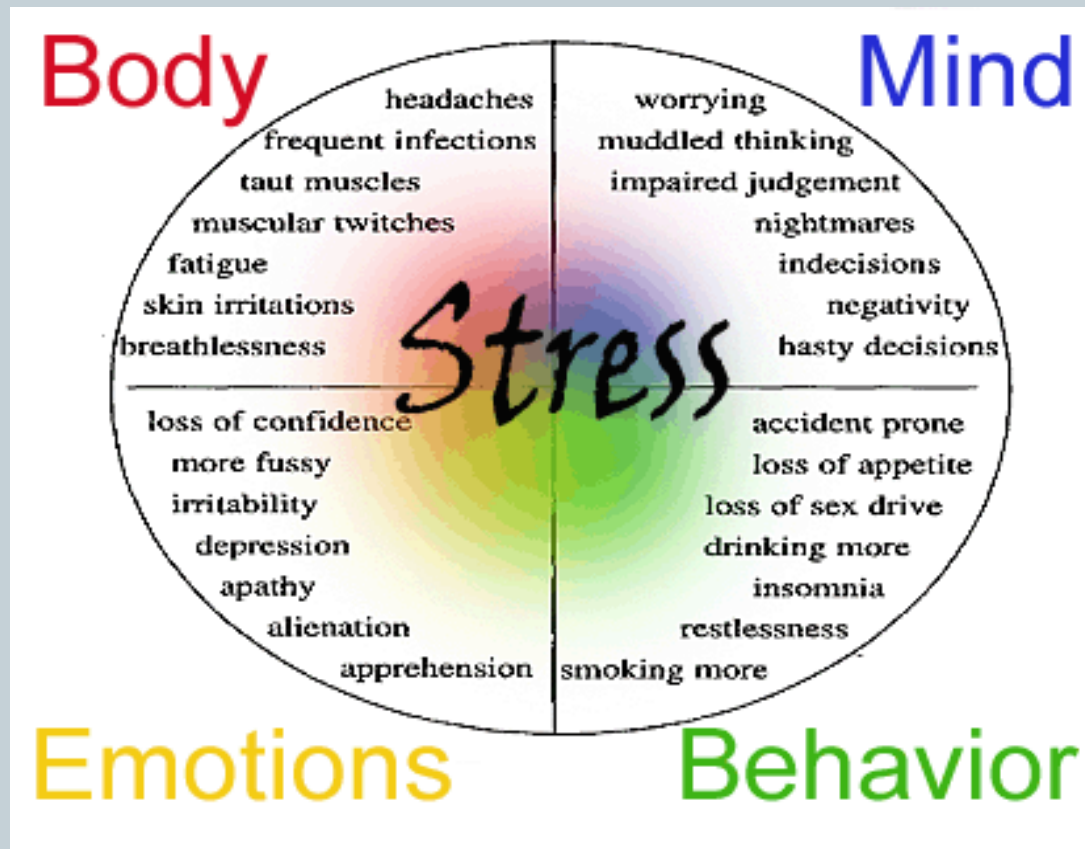
The risks of becoming stressed out

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- You burn out (the state of chronic stress)
- Your health suffers
- The quality of care you can provide deteriorates
- Increased mortality rate

What Stress Can Do to YOU

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What You May be Feeling

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- **Anger** towards the care-receiver, family members or others
- **Anxiety** about facing another day, worrying about what the future holds
- **Denial** about the disease or it's effect on the person affected
- **Depression** (feelings of hopelessness much of the time)
- **Emotional reactions** at minor upsets (irritability, crying, yelling)
- **Exhaustion** (barely having the energy to complete daily tasks)
- **Health problems** like weight gain or loss, getting sick more often (cold, flu), chronic health problems (backaches, headaches, high blood pressure)
- **Lack of concentration** (Trouble focusing and difficulty completing tasks)
- **Social withdrawal** (lack of motivation to stay in touch with friends or to participate in activities that caregiver once enjoyed)

Assessing the source of your stress

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Take inventory of:

- Situations that cause you stress
- People that cause you stress
- Environments that cause your stress
- Stressful feelings
- Stressful thoughts

Now ask yourself...

- Of these stressors what can I change and what cannot be changed?

What Can I Do?

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General coping skills for caregivers

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- **Education:**

Know about the disease and its progression; it will become less scary

Know about available resources for help; you will feel less overwhelmed

- **Acceptance of the situation**

You don't want it, but don't need to fight it

Your future may not be what you had in mind, but you can still make it good

- **Acceptance of yourself**

Know yourself and set limits

You don't have to do everything

The only person's expectations you have to live up to are yours

- **Knowledge that your loved one's behaviors can't be taken personally**

Your loved one's frustration or anger is with their condition

Caregiver Resilience

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Resilience is the ability to cope with problems and setbacks. Resilient people are able to utilize their skills and strengths to cope and recover from problems and challenges.

Cultivating resilience includes:

- Build Positive Beliefs in Your Abilities
- Find a Sense of Purpose in Your Life
- Develop a Strong Social Network
- Embrace Change – New Normal
- Be optimistic
- Develop problem solving skills
- Set goals

Stress Management for Caregivers

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Remember...

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What is Caregiver SOS?



A caregiver support program that provides:

- Wellness- activity programming to support the physical and mental health of caregivers
- Information- assistance with care planning and referral to local community resources
- Support – groups that foster connections to other caregivers
- Education- Education on caregiver topics

Developing WISE caregivers!

Caregiver SOS throws you a Line

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Care Consultation provides support to individuals with chronic conditions and their family and friend caregivers by telephone and e-mail.

- Empowers clients to manage care and find simple, practical solutions to caregiving challenges
- Facilitates effective communication among family and health care workers
- Assists clients in locating services

The Stress-Busting Program (SBP) for Family Caregivers is an evidence-based program that provides support for family caregivers of persons with chronic disease or illness. It is designed to:

- Improve the quality of life of family caregivers who provide care for persons with a chronic disease(s) or illness(es)
- Help caregivers manage their stress and cope better with their lives



Caregiver SOS throws you a Lifeline

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- **The Caregiver Teleconnection** provides learning sessions on a variety of useful topics, hosted over the phone by professional facilitators and experts. Family caregivers have the opportunity to connect and share with others in their situation during the sessions.
- **Telephone Caregiver Support Groups** bring professional and peer support to caregivers, who are typically too busy to take time out to attend local caregiver support groups. The program topics include: information for discussion, problem-solving skills to improve the skills of caregivers to reduce worry and stress as well as relaxation techniques.
- **ALL Programs are FREE!**

Call **866.390.6491** to register or for more information.

It's That Time

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Conclusion

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